Pre-Separation Counseling Brief

Effects of a Career Change #10

- **Leaving the Military Challenges Your Identity**

- **What Is Stress?**

Stress is not an attitude, trait or even a personal characteristic.

It is a physical response to a situation that, if ignored, can lead to conflict, mental and physical exhaustion or even serious illness.

- **Resources to Help Deal with Stress**

  - Counseling Support Branch
  - Chaplain
  - Hospital – Mental Health
  - VA VET Center
  - MilitaryOneSource
  - Marine For Life

DOL Employment Workshop #11a

- Workshops Help Service Members "TAP" Into Good Jobs

www.turbotap.org

- National resource directory

Verification of Military Experience and Training (VMET) #11b

- Used to verify military experience and training
- Created from records on file
- Translates military to civilian terminology
- Corrections – must be entered by IPAC/PSD/Personnel Office

http://www.dmdc.osd.mil/vmet

Civilian Occupations Corresponding to Military Occupations/ONET #11c

- O*NET is primary source of occupational information

www.onetcenter.org

- Go to crosswalk

www.mynextmove.org for potential occupations

US Army Credentialing On-line #11c(1)(b)

- Identify credentials related to military occupations
- Civilian credentialing requirements
- Financial Assistance

https://www.cool.army.mil

Licensing, Certification, and Apprenticeship #11c(1)

- Many military occupations require license or certification to perform the same job in the civilian world.
- Difference between Licensure and Certification
- GI Bill can be utilized to pay for exam fees and apprentice training

USMAP #11c(1)(c)

- Apprenticeship programs
- Recognized by DOL

https://usmap.cnet.navy.mil

DANTES #11c(1)(d)

- DANTES sponsors a wide range of examination programs to assist service members in meeting their educational goals. They include:
- Credit-By-Exam - CLEP, DSST
- Entrance Tests - ACT, GMAT, GRE, LSAT, SAT
- Other - GED, Praxis
- Check with local Education Office to verify availability of services

www.dantes.doded.mil

Navy COOL #11c(1)(e)

- Identify credentials related to military occupations
- Civilian credentialing requirements

https://www.cool.navy.mil

TurboTAP #11d

TURBOTAP.ORG YOUR CONNECTION TO MONEY, BENEFITS, JOBS.
OFFICIAL DEPARTMENT OF DEFENSE WEBSITE

- Comprehensive transition site
- Resources for money management, veterans benefits, education and training, health care and more
- Career Decision Toolkit

www.TurboTAP.org

TurboTAP #11d1/2

TURBOTAP.ORG YOUR CONNECTION TO MONEY, BENEFITS, JOBS.
OFFICIAL DEPARTMENT OF DEFENSE WEBSITE

- Designed for service members
- Translates military skills and experience
- Job search tools and databases

www.turboTAP.org/portal/transition/resources/Employment_Hub

www.fedshirevets.gov

http://www.dol.gov/vets/

State Job Boards #11d(3)

- Every state has a job board for their state
- Employers can search for applicants
- Applicants can search for positions

www.careeronestop.org/jobsearch/cos_jobsites.aspx

REALifelines

Recovery & Employment Assistance Lifelines

#11d(4)

- Wounded and Injured service members and their family's
- DOL REALifelines Advisors
  1-866-487-2365
- One-on-One Employment Assistance
- Online Resources **for all veterans**

www.dol.gov/vets/REALifelines

Public and Community Service Opportunities (PACS) #11e

- Non-profit, public, and community organizations
- Register for PACS

http://www.turbotap.org/portal/transition/lifestyles/Employment/Public_and_Community_Service_PACS_Registry_Program

www.nationalservice.gov

www.serve.gov

Troops to Teachers
PROUD TO SERVE AGAIN

#11f

- Teacher and Teacher's Aide Opportunities
- Eligibility and Qualifications
- Financial Assistance Available - Stipend/Bonus
- Hire In Advance Program

www.proudtoserveagain.com

www.dantes.doded.mil/

USAJOBS®
"WORKING FOR AMERICA"

#11g(1)

- Official job site of the federal government
- OPM website
- One-stop source for federal jobs

www.usajobs.gov

Go-Defense.com #11g(2)

- DOD job website
- Careers in national defense
- Entry level to executive level

www.godefense.com

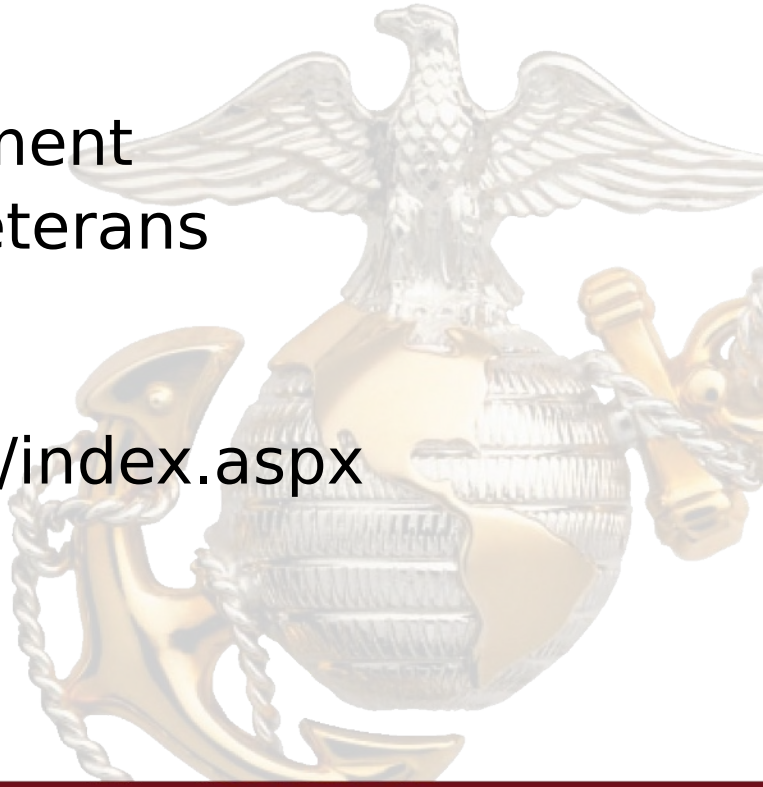
Veterans Federal Procurement Opportunities #11g(4)

- Maximizing participation
- Eligible small businesses
- Veteran advantages

www.sba.gov and www.fbo.gov

Federal Employment Opportunities #11g, 11g(3) and 11g(5)

- Veterans' Employment Opportunities Act (VEOA)
- Veterans Preference
- Special Hiring Authority
  - Veterans Recruitment Appointment
  - 30 Percent or More Disabled Veterans
  - OPM: www.opm.gov
  - FedsHireVets www.fedshirevets.gov/job/shav/index.aspx



One Stop Career Centers #11i and 11i(1)

- Priority for Job referral, testing and counseling
- Local Veteran Employment Representative
- Disabled Veteran Outreach Program Specialist

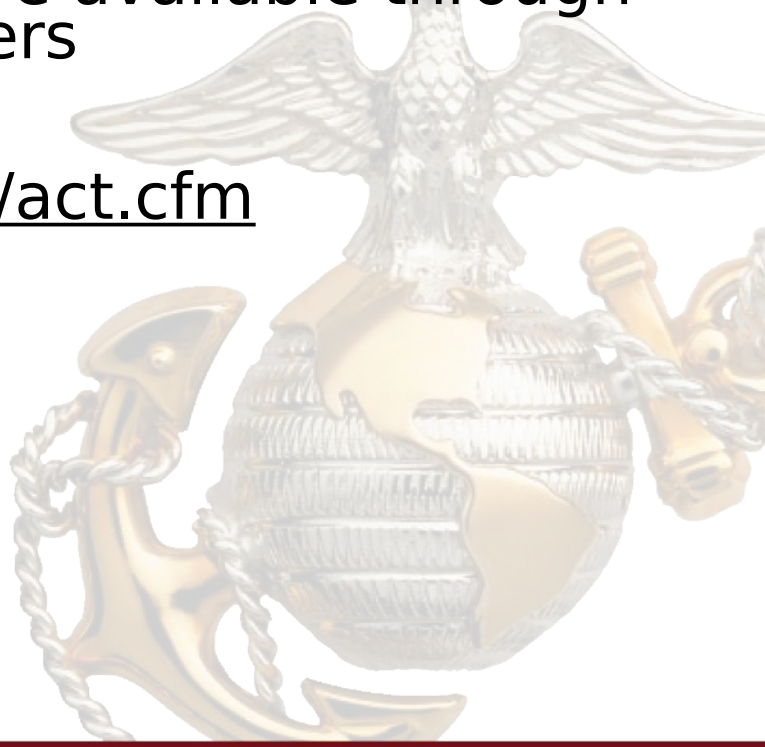
www.servicelocator.org

www.careeronestop.org

Workforce Investment Act #11i(2)

- Provides training and education
- WIA services and information are available through the local One-stop Career Centers

www.doleta.gov/usworkforce/wia/act.cfm



Small Business Administration and the SBA Patriot Express Loan #11j(1)

- Small Business Administration
  - Services
  - Veteran Advantages
- Patriot Express Loan
  - Eligibility
  - Amounts

www.sba.gov

Information On Employment And Reemployment Rights And Obligations (USERRA) For Active Duty Service Members #11k

www.dol.gov/vets/programs/userra/

www.esgr.org/site/

“Priority Of Service” #11l

- Veteran and eligible spouses are given priority over others for any DoL funded programs

www.doleta.gov/programs/VETS/

www.servicelocator.org

NAF Hiring Preference #11h

- One-Time Preference
- Must be Involuntary Separation or VSI/SSB
- Miramar NAF Personnel Office
  - (858) 577-4117

http://www.cpms.osd.mil/nafppo/about_nafppo.aspx

National Veteran's Business Development Corporation #11j(2)

- Congressionally mandated
- Reinforcement of assistance to Veterans
- Referral Contact Information

www.veteranscorp.org

www.buzgate.org/8.0/al/fh.html?cb=vetcorp

US Department of Education Federal Aid Programs #14b

- The Federal Aid program includes grants, loans and work-study programs.

- Upward Bound

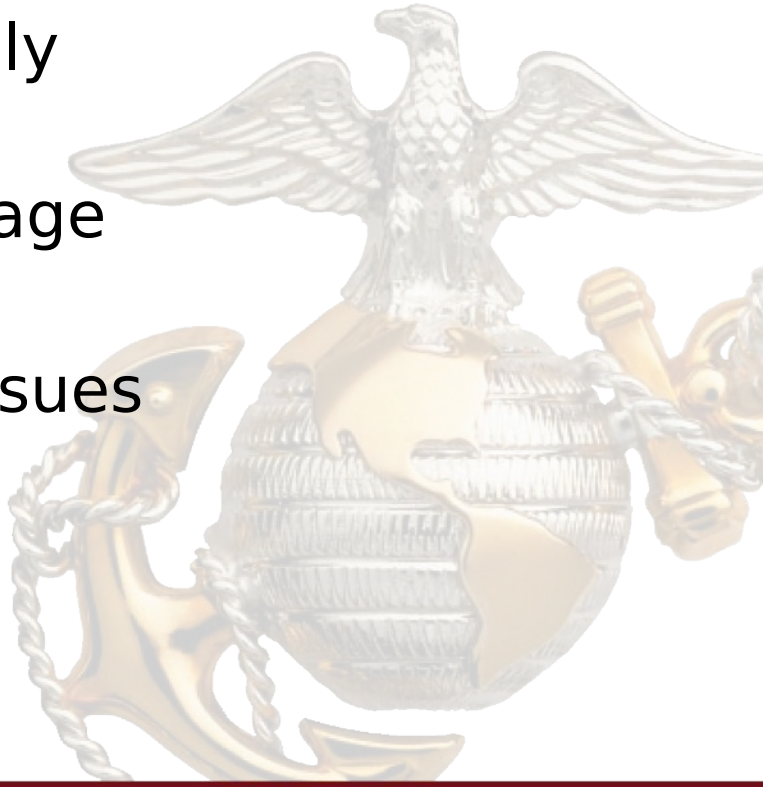
www.federalstudentaid.ed.gov

www2.ed.gov/programs/triovub/index.html

Continued Health Care Benefits Program #16a

- Continued Health Care Benefit Program
  - Registration timeline – 60 days
  - $1065 Individual $2390 family
- Research other options for Coverage
- Separating with military health issues

www.humana-military.com



Reserve Affiliation #18

- Remaining Obligation upon Release From Active Duty

- Selected Reserve – Individual Ready Reserve

Two-Year Commissary and Exchange Privileges#22

- Eligibility/qualifications:
  - Service members who are involuntary separated (Honorably) from active duty the period beginning on Oct 1, 2007, and ending on Dec 31, 2012.

- Benefit:
  - Continued use of commissary and exchange stores in the same manner as members on active duty.

Legal Assistance #23

- Available Assistance

- Will preparation, powers of attorney, review of most contracts, debit/credit problems, landlord/tenant issues, family law, tax law and estate planning.

- Referral information

www.legalassistance.law.af.mil

Post Government Employment #24

- Mandatory briefing requirement
  - Personal Lifetime Ban
  - Official Responsibility 2 Year Ban
  - Trade or Treaty One Year Ban

- Referral information

Individual Transition Plan #25

- All of what we cover can be considered your Individual Transition Plan (ITP)

- This form, the resources, such as www.TurboTAP.org and several of the other places mentioned are part of an ITP.

- The ITP is your game plan for a successful transition to civilian life.

Language Skills/ Regional Expertise #26

- Defense Language Volunteer Program
- Informs military personnel who speak a foreign language of opportunities.
- Outreach programs
- Privacy Act requirements